

All right, everybody. Thanks for joining me another episode of conversations with Dr. Cowan and friends. And today's friend is a good friend who needs no introduction, Dr. Andy Kaufman. And as everybody knows, I always tell my stupid stories in the beginning. And this. First of all, today, we are only talking about turpentine, and no viruses. Nothing else just, this was about turpentine.

Thank you, Tom for giving me a break from viruses.

Right? You can only talk about unicorns. So until it's it, you start to think maybe they are real. Anyways, my recollection is, is I had done this video and people saw it. And then I got maybe a month later email from a friend saying, a time you should watch this guy from MIT says you're right. And I thought, Oh, that's interesting. So anyways, I watched it. And he did, meaning you did. And then eventually, we talked, I'm not sure how that came about. And I don't know how it came about either. But I think I mentioned Gilbert laying and how he had a whole thing about the cell is made of, or tissues or cells or whatever made of structured water. And the reason people get sick is because they have stuff schmutz dissolved in their, in their water. And basically, I've been looking my whole career for a way to get the schmutz out of the water. And I remember distinctly said, Well, why don't you just give them turpentine?

I thought to myself, shit, why didn't I think of it? I, I also pride myself on I don't want anybody to know any, like natural medicine that I don't know. I'm sure they do. But it's a sort of arrogance. And I'd heard of turpentine a little bit, but I and it just hit me. Of course. It's a solvent. And so that's the whole problem. And then you sent me a bunch of stuff on turpentine. And now I used a little bit and I have a bottle of Creekwood naturals, I think, and I'm going to find out if this is the right one. I also, by the way, have this which is a jar, which I don't it's not actually turpentine, but it's spruce resin? I think a guy from so it's not officially turpentine, I don't think

No, it's It's definitely not turpentine. I think that's what they refer to as pitch. Right? So this is spruce pit. And the guy who collected this had a little bit of an interesting story, which made me think he probably knew something is he said, He healed himself. He lives he lives in the woods in Norway. And by mixing moose shit with his food, which he said, increase the probiotic content and healed his gut. Well, I'm not sure I would do that. But I can't argue with success at I tell you the other thing that was interesting about it, I was just at a conference at Joel solitons place. And he said Joel publicly, so I'm not saying anything private, that he routinely drinks out of the same water trough as his calf to increase his microbiome microbial diverse.

Well, you know, that's interesting. He probably already has plenty of the cow's microbes, but But you know, good for his enthusiasm.

Yeah, right. I'm not sure either one of those quite ready to do yet.

Well, you know, with with the, the moose dung, you know, you may be it might be a little bit more palatable to do a fecal transplant with it. But you know, if there's a way to separate out the microorganisms from the waste products, you know, that might be I usually recommend sauerkraut juice for probiotics, which I know you're a big fan of to me. Fair enough. So approaches. Anyways, that's a little bit further afield from turpentine. So the agenda here is why would what's the history of turpentine because fascinating. You know, what is it? Where do you get it? How do people use it? I mean, I want people to know when to use it, why to use it, how to use it, where to get it done. Is everything. And we can do that and whatever time it takes. So, yeah, I'm happy to go through that. With that. It's all yours. And I'll just ask if I don't quite get it or something like that.

Sure, well, let me just give a disclaimer. This is not medical advice. This is simply our opinions based on research, and there's no implied or expressed doctor patient relationship. And also, let me caution you that turpentine is not something that you just use willy nilly, you need to be informed and follow an established protocol to make sure that it's safe because you can get cleansing reactions, which could be very uncomfortable and unpleasant. And they're just unnecessary if you do the proper preparation. And of course, you need to know what the safe dose is because like, like any potent medicine, there is definitely a toxic and a lethal dose. So, you know, what I talk about, and teach is really based mostly on the research of Dr. Jennifer Daniels. And now I've had considerable experience with this, and people have no problems when they follow these instructions.

Exactly why we're doing this.

Yeah, that's right. And people do come to me, though, and they say, oh, yeah, I just decided to just take some turpentine willy nilly, and then then I was sick for three days. And you know, that that would have been predictable and preventable. So going back to the history, you know, so there's some obscurity, and it's hard to find information. But Dr. Daniels had learned that back in the days of slavery in the South in the United States, that the slaves made turpentine and used it for healing purposes. And that when the, you know, the slave owners or their family were sick, and unable to get better with, you know, the doctors they were using, they would go to the slaves and ask for their special cure. And many lives were saved anecdotally, that way. There is some research from France, going back, you know, 150 years on turpentine and its toxicity in other studies, so you can find those if you're willing to go into the archives.

But what I think is the most interesting historical document is the Merck manual from 1899. Because turpentine was actually a conventional standard medication in even in the United States until the FDA was established, and they ultimately banned it from being in any therapeutics. There is one exception. Interestingly, and if you don't know about this, but there's one product that is grandfathered in, that turpentine is still an ingredient. But they're not allowed to list it as an active ingredient. So if you look at the label, you might not even see it. But this is a Vicks Vapor Rub. Yeah, right.

And so this is actually a decent medication for some things like it works really well on mosquito bites, for example. And you might even use it for pneumonia if you cover your whole chest with it. So So turpentine has been known about, you know, as a healing product for a long time, it was really suppressed by the pharmaceutical interests, because, you know, it's basically pharmaceuticals are unnecessary when you have access to turpentine. And what it is, is it is the distilled sap from the Spruce Pine Tree. So only spruce, correct, only so so it's different from, you know, pine oil, for example, or pine needle tea, or all these other products. And the pitch that you described is a different fraction from the sap, it's essentially what's left behind after the distillation process, I believe. So it may still have some of the healing properties but not as potent.

But I've heard anecdotes of people using it on wounds, like making, you know, some kind of salve or patch out of it and having really good results. So it may, you know, I just haven't explored it so much. But the turpentine is the it's the oil fraction of the distillation, not the water or aqueous fraction. And so it's, you know, mixture of terpenes and some other aliphatic compounds, and it's an excellent solvent, even industrially, and that's where most people know about it, right? It's a paint thinner. And if you go to a fine art supply store, artists know that it's the best solvent for oil paints.

And even in the hardware store, you can find it will be the most expensive paint thinner because it's not made from petroleum, which is much cheaper to process. So the important thing to know that it's genuine turpentine is that it has to say on the label, pure gum spirits of turpentine, and that that is the traditional name for this distillate that I'm talking about. So If you're going to take it, make sure it says

that on the label. Sometimes they add adulterants like poison chemicals like benzene to it. And then they might call that denatured. turpentine. But you know, you definitely want to be careful about that. But there's many, many, you know, products available like in from boutique companies like the product that you showed there, which, you know, even though it doesn't say on the label, it's really intended for medicinal purposes.

So this this one, this one from Creekwood, naturals that is the real turpentine.

Well, I think, what does it say? 100% Pure gum spirits right on the

They're 100% Pure gum spirits.

So that's exactly the right thing. So good job, Tom. There you go. So I wanted to show I'm going to share screen now this because I looked at the Merck manual from 1899 before they took turpentine out. And you can see here, I copy the title page. And so the Merck manual is, you know, like a major reference book that lists all medicinal substances known at the time of its publication and various attributes about them. And so this is the last one that had an entry for turpentine. And these are all of the therapeutic indications for turpentine that were were in the Merck manual in 1899. And so I'm just first wanted to show you the size of this list. Okay. So in other words, there were 88 different conditions, that turpentine was listed as a treatment for that's quite a lot of conditions.

And if we look at them, we see some very quite significant conditions in here anthrax, okay. I'm not sure what Bright's disease, but bronchitis calculi those are gallstones or kidney stones. Cancer. Okay. catalepsy, a very serious neurologic disease. Cheoil Blanes is another name for a very serious condition. I can't remember cholera. Right cystitis that's a urinary tract infection. Deafness, diptheria, dysentery, emphysema. And you Rhesus is bedwetting, epilepsy if due to worms epistaxis is nosebleeds are a simplest that's another infection fever. flatulence, that's an interesting one, but here gangrene, gastric ulcer gonorrhea hematuria, that's blood in the urine. Intestinal hemorrhaging hemorrhoids, hydrocephalus. That's fluid on the brain, impotence, jaundice. That's a problem with liver congestion. meningitis. So you see tons of serious infections, acute nephritis that's a dangerous kidney infection.

Para Nichia that's toenail or fingernail infections. You know, like, like fungus, peritonitis, that's what happens when like appendicitis ruptures, and the stool spreads into the abdominal cavity. So we can go on and on here, pertussis and all the way to the end. And of course, there are lots of worms on here like tapeworm, here at trigeminal neuralgia, very debilitating condition, but here, typhoid fever, smallpox and yellow fever, so all these serious infections, many of them, you know, falsely attributed to viruses. But turpentine is listed as a cure for all these things.

And then here are the physiologic actions that it is attributed to it. So this is a anti helminthic is to treat worms and parasites. antiseptic is for infections diaphoretic, that basically means that it makes you sweat, like sweating out a fever. I've never heard of it used that way, but this is what they reported as a diuretic, it will increase your urine production, and expectorant to help you clear, you know, mucus and blockages, and a styptic, which is to stop bleeding. Like people might remember that from shaving, they would have like a pen that they use, so you could use turpentine for that purpose. So it's it's quite an impressive array of indications.

I also heard that it was the only, quote medicine that slaves in the United States were actually allowed to have or use, although I think they could, you know, forage for herbs, but Right, pretty much yet.

Well, you know, it's very inexpensive and it's very easy to make on your own. And, you know, if you can make moonshine, you can make turpentine. Yeah. So, you know, it's very accessible. And, you know, this is why it's such a threat to the pharmaceutical industry, because, you know, I mean, you couldn't have

paid more than 10 or \$15 For that bottle. And, you know, that'll last few years, it never goes bad, I think is that

I'm not aware of it really going bad. To be honest with you. It's not light sensitive or anything, so lasts quite a long time. So the, you know, some important things to know are one, you know, the, the maximum safe dose that you should ever use in one day is one teaspoon. And that should be like the total dose. So if you, you might take it orally and use it on your skin. So make sure that the total doesn't exceed that dose in one day. So that's like an important safety guideline. By the way, the the lowest dose that has been reported that was fatal, and this was of a young child was three tablespoons. So that would be roughly 10 times the the maximum safe dose that I'm talking about. Okay. And it can be used on the skin for quite a number of conditions, including like cellulitis, or serious skin infections, as well as abscesses, you know, wounds that like are getting inflamed or, you know, I often just use a few drops to dress a wound, if it's, you know, more than just a little tiny Nick,

basically, is the idea that it's, you know, as a solvent, and besides it has other terpenes and other, you know, beneficial substances it but it basically, essentially binds to toxins and pulls them out.

Yeah, so here's my theory about how it works. And I also believe, you know, or my hypothesis is that it is the solvent properties that make it successful. So what I think happens is, you know, our body is aqueous, right, it's made of water, water is the key component. But we do have some, like fatty compounds in our body, or body, right, that repel water, and don't, they interact with it very differently, but they can't be dissolved by water. So what I think happens is that many of the toxins that were exposed to are actually also oil soluble, fatty, greasy junk, like, for example, if you take the you know, pee trap out of your sink, you know, or any drain pipe in your house and look at it, and you you could wipe your finger on the inside, and this greasy gunk, right, will always collect there. So so my theory is that the same kind of thing happens in all of our blood vessels and in the parenchyma, or the, the substance of our organs.

And, you know, this is actually vascular diseases, specifically, this buildup of stuff in the blood vessels, and it oxidizes cholesterol and, you know, activates the clotting system and causes all sorts of problems. And that when we do conventional cleansing, that it's, it's really kind of aqueous or water based. And it just leaves like it can mechanically agitate some of this stuff and get it out, but there's like some, you know, layer that binds, that stays behind. And I think this becomes the preferred milieu often for parasites, that if enough of it build up, then parasites will establish themselves, you know, in that milieu.

So when you use the turpentine, it essentially gets in there and dissolves that gunk, and totally cleans it out. You know, kind of like if you're using the, you know, Drano or something like that, although it's not, you know, toxic like Drano I mean, Drano it's hydrochloric acid, I mean, it's sodium hydroxide, a very potent Alkalyn, you know, corrosive substance. But, you know, in this case, it's just a sort of, you know, a mild solvent that doesn't really have untoward effects on our physiology, but it dissolves this, and then, you know, those waste products are then go through the liver and out, you know, the bowels into the toilet, if we do the proper things to stimulate that system, to move it out.

And so, you know, so that's how I think it really is effective. And similarly, when you have skin lesions, like a skin infection, or, you know, lumps and bumps of various kinds that that's your body trying to express toxins through the skin or store them there, because they won't damage a vital organ. And by putting various solvents on those lesions, you basically absorb those, you know, dissolve those toxins into the blood vessels. And if you have stimulated your bowels and your liver, then they'll just remove them out of your body, rather than having them resettled somewhere else and cause another problem. I mean, that's what a cleansing reaction really is. It's when the toxins get liberated in your body, but they have no place

to exit and they resettle somewhere else or just are circulating around the blood and cause This this cleansing symptoms. Got it.

Okay. All right. So that's the theory. And so we know a little bit about what, what indications what conditions we can use it for. So, give me let's hear about how you actually would go about doing it. Yeah, well before, let me just add one really important indication because these illnesses didn't exist in 1899. Really, or at least, not on the scale that they are now and I'm talking about autoimmune disease. So in my observation of people who have done this with various autoimmune disorders, including, you know, ones that are maybe more controversial, like fibromyalgia, but also ulcerative colitis, Crohn's disease, lupus, etc, that people have had amazing results, and there have been many people who were completely cured of those conditions.

So that's, that's an important area to consider turpentine. So yeah, so how do you go about doing it safely so for you know, topical use, it's much much simpler, you can just use it right away. But what you want to do is have some other kind of procedure in place to let those toxins that you dissolve from the skin get out of the body. So the you know, simplest thing is would be to stimulate the bowels and the and the liver. And you can do that was just an enema. You could if you're going to just have one big blowout, you could take like castor oil, like a quarter cup. Or you could use you know, herbal oxido Estoril straight. Well, you mean you can mix it with something down but yeah, you really need that much. Some people need more than that, to really clean yourself out.

But you know, I would reserve that for if you have a serious condition that you're treating. But you could just you know, use some herbal laxatives to like Senna and Cascara and barberry root, there's a lot of preparations that have blends of those things that are, you know, more or less palatable. So but you could also do you know, other things like you can do like a bath with bentonite clay or Epsom salts, or you could do an infrared sauna. And then that that might be you know, even more makes sense for the skin because you're using the sweat glands and the pores to get the stuff out of your body. So, so you know, there, you just need that combination, otherwise, those things will resettle somewhere else, which is what you don't want.

Another so first step so you've got some boil or some kind of cellulitis a, quote, infection on the skin, or even some area in the skin, it's painful, maybe or Yeah, or you have like some you know, lesion there that you know, a bump or lump or a scar, you know, many, many things that are abnormal in the skin, they can all potentially respond to solvents, right? So basically, you probably drink some water you do an either an enema or take some sort of herbal laxative, make sure you have your files are pretty clear. Is there a you have to have two bowel movements?

Three bowel movements or doesn't? Because right, well, you know, if you're just using a couple of drops topically, it's not going to be you don't have to worry too much. If you just you know, can even like the day that you use it or for a couple of days have make sure you have a couple extra bowel movements, like not not go too crazy. But if you're going to take it internally, then you have to be very, very strict. And I feel the safest thing is you have to have a minimum of three bowel movements a day for 14 days, along with taking enough water because you know, if you're dehydrated and your blood is thick, you can't get clear out the stuff. So you're kind of like doing a pre detox, getting out all the water base stuff so that when the turpentine gets in there and gets that greasy junk that your system is not overwhelmed with so much toxicity that it can't get it out. So do you do a little bit herbal laxatives, enema, maybe colonic, do some sweating? And then you do what?

So after you do that preparatory work, and I also recommend doing a 30 day cleansing diet at the same time that you're doing the prep work. So that would be just basically like a strict whole food, vegan diet with but without legumes and without any gluten containing grains. So you could eat like quinoa or brown rice, root vegetables, and then you know, all regular vegetables, you limit the amount of fruit temporarily to one piece of fruit a day. Just Because many times the parasites want sugar, and you're kind of like starving them out a little bit before you remove their furniture with the turpentine.

And but you know, that's not the like, if you're already in a situation where you've been doing cleansing and you're somewhat detoxed, you could probably eat a more full diet, but you definitely want to like make sure that you don't have any processed foods, you don't want to be drinking any alcohol, you want to get rid of non water beverages and only drink water, make sure you're, you know, it's really important that you're adequately hydrated, I recommend at least one quart or liter per 60 pounds of body weight a day.

And it needs to be purified water at least and you know, purified and structured would be optimal. But so other people, you know, might want to do a water fasts to prepare. And that's reasonable, as long as you do some real cleansing and have the bowel movements in the water and you don't put in extra toxins. That should be you know, sufficient to prepare you. Some people, you know, might be super toxic, and they might even have to do it a little bit longer. So like if you if you go through a protocol like this, and we can tell you where to find a published protocol. You know, if you take some and you have any cleansing reaction at all, like any discomfort, you should just hold off on taking any more and do some more cleansing first. So in other week, does this preclude like, somebody just turns up with a you know, like acute pneumonia or kidney infection? Does that mean they can't really do turpentine?

No, not at all. But I would say that there's a different way to do it for that. So like, in an emergency situation, or an urgent situation, there's two things you can do. So one is if it's a systemic systemic illness, like even sepsis, or even if you don't know and someone's like, you know, really, really sick and you don't know what to do, you can give turpentine with castor oil. And so you put a quarter cup of castor oil and one teaspoon of turpentine, you can mix those together because they're both oil, solute solvents. And take that and because that will guarantee that you will, you know, have a huge output. So you will, and it's also like a life threatening or urgent situation.

So that's like the shortcut, if you needed to do it quickly. And that would prevent, you know, any severe cleansing reaction. And you can repeat that daily. You know, if the person is still remains ill, but they're getting better for pneumonia, there's another way to do it. You know, I definitely mentioned that you could cover your entire like ribcage with Vicks Vapor Rub. And that may be therapeutic. But what people have done that has basically had them recover from pneumonia and 24 hours is to make a steam infusion with turpentine.

So you definitely do enemas or something to you know, clean out your bowels at the same time, but you would just take a quart of water, like distilled water or some purified water and add two cloves of garlic, boil it for 10 minutes, and then turn off the heat and put five drops of turpentine on the top and then put a you know, towel over your head and do steam inhalation for five to 10 minutes. And you can do that three times a day. You know, and then do a couple of enemas and that that should have really good results for pneumonia.

Got it. Okay. So there's acute illness where a person's not prepared. And that's you do bowel cleansing, either enemas or, or some laxative but you don't need to really, because you're putting a teaspoon of turpentine in a quarter cup of castor oil. Right. So drink a lot of water and you should be good with that.

Yeah, and make sure you're close to a toilet when you take it right. And be prepared to sit there for a while. But that that could you know totally turn a critically ill situation around.

Does that help? I would imagine that might even help for pain or like an abscess tooth or something like that.

Well, you know, if you have something that is focal at one particular site, I would probably go for more localized treatment. You know, I haven't heard of people using it in the mouth. You know for a tooth infection. I would generally think about other things with with that situation but if it's like an a you know, if it's an abscess, if it's in the gum line or something where you know they would want to do surgery, then certainly that would be an appropriate thing to do. You might even be able to just you know put a small amount in Like swish it in that part of your mouth, or you could try to, you know, put it on your finger and rub it in that area, certainly, but I would use it like at the site rather than systemically for that. But if it looked like the person was getting septic, from a tooth infection, that's when you go for the castor oil mix,

Like swish it in that part of your mouth, or you could try to, you know, put it on your finger and rub it in that area, certainly, but I would use it like at the site rather than systemically for that. But if it looked like the person was getting septic, from a tooth infection, that's when you go for the castor oil mix,

right? And so then the other one is, if it's in the lungs, probably bronchitis or pneumonia, then you do the steam inhalation along with bowel cleansing and drink. Yeah, stuff like that. Exactly. So then the other one is the more like autoimmune sort of chronic things. So you're sick generally, yeah, for

a number of chronic conditions, or, you know, any condition where with parasites, you know, autoimmune diseases, a lot of other things, so possibly even cancer, I mean, I don't have direct experience, but it's definitely like there was actually there was one person with a recurrent lymphoma, who was able to reverse that with using a solvent on the site, turpentine mix with castor oil, and then also doing systemic turpentine.

And so that procedure is 30 days of this very clean diet. Yep. And 30 days of having two to three bowel movements every day.

No, it's got to be three minimum. And you have to keep that up as long as you keep taking the turpentine. So you, so basically, the first two weeks, right, you have the cleansing diet, the water and the bowel movements, then you can start the turpentine, you continue the diet for two more weeks, and then you can start reintroducing other food groups, and you should do it slowly and pay attention to how your body responds to those food groups, because you might identify that your body is intolerant to something that you might want to avoid. But, but you can go back to eating pretty normally, after the 30 days and still continue to turpentine.

So to keep taking the turpentine, you just need to have the water requirement and, and three minimum bowel movements. And then it continues to be safe. Like you could even keep taking it for like 12 months. And there have been some people like with autism who have done it that long, and, you know, continue to put worms out in their stool for, you know, almost indefinitely, it seems like, but But you should basically continue it until you feel you got the maximum benefit. And for most people, it's around four weeks, depends on how seriously ill they are. So the you know, the more ill you are, probably the longer you would continue to do it.

And normally I recommend, or I would say to do it three times a week, Dr. Daniels says two times a week, and the you know, the the dose that range that's effective for internal use would be between a half teaspoon, and one teaspoon. And you know, everyone, you should just trust your body when you you know, take a half teaspoon and see how it feels. And if your body feels like it wants more than try three

quarters. And, you know, let your body guide you to what the right dose is for you. But anywhere in that range is enough to be therapeutic.

And how do you take it you just take it straight out a spoon or I know she puts it on a sugar cube? Yeah, yeah. So I, I go with the time honored sugar method, you know, and aside from that emergency castor oil situation. And, you know, it's, it's too challenging to use sugar cubes. So just use granulated sugar, like make sure it's organic, but it trust me, it's better to just use a plain white sugar. And because you know, like I tried one time using the raw sugar and it's got like a lot of sharp edges on the crystals and it scratches your throat going down. So, by the way, if you do get any throat scratchiness in your throat, it's from the sugar crystals and not from the turpentine.

But so you put like three times as much sugar as turpentine. So if you're gonna take one teaspoon of turpentine, you take three teaspoons of sugar, which is a tablespoon. So you might need a like a serving spoon to do this. If you can get it all in your mouth at one time, you can split it in half if you want. And then the reason you do more sugar is because when you drip the turpentine on top, some of the sugar should be dry. And some of it will be wet with the turpentine. And you know, I don't know if this is just folklore or if this is really true, but the the thought process is is the sugar is bait for the parasites that they take up the turpentine.

But I'm not even sure that you know the turpentine even kills the worm So I think, I think they just don't need to stay around anymore once that oily sludge is gone. But because you don't, people don't get like a killer reaction, they don't get, you know, worms and tiny little pieces in their stool that you generally are intact, which is good because, you know, if they get chewed up and they release the contents of their body, then that will make you sick. Yeah. So that's why this is a very gentle compared to, you know, pharmaceuticals that that treat worms, they are not gentle, and they could cause that kind of inflammation reaction.

So half a teaspoon of turpentine gives you one and a half teaspoons of sugar, you drip it on. With an eyedropper, some of it should be moist, some of it should be dry. And then you just put that in your mouth and swallow.

Yep. And well, you know, you might chug some water after I actually found because, you know, it's recommended to take some antioxidants while you do this protocol. And so I tried putting ascorbic acid powder in the water and drinking that to chug down the turpentine. And I found that that way was, was pleasant. But you don't have to do it that way, you could just do it with the straight water. The important thing is you just get it down, but don't like chew on it or anything like that, just you know, keep drinking until it all goes down. And then then you're good, I recommend doing it in the evening. Because you will have some burping for a few hours after and it'll be, you know, tastes like turpentine. And so if that happens while you're sleeping, it won't, you know, it'll be less of a nuisance.

And then you do that either two or three times a week for four plus weeks until your situation is better slash may be resolved. Yes, exactly. Right. And you can if you want beyond that, you can do a maintenance schedule. And you don't have to do the cleansing diet all over again, you just have to make sure that at least for a couple of days beforehand, you have extra bowel movements, or do an enema, you know, the day you're going to take it and the day after. But then you can you know, do it once a month, once a week. You know, or you could you know, once a year do another protocol. Like that's what I've done. I've done it three times. Now myself kind of like once a year. Yeah, roughly.

And Jennifer Daniels sells something called vitality formula, which is a sort of wait and make you have more bowel movements. Yeah, it's vitality capsules is and the website is vitalitycapsules.com. And that I

was going to mention that because if you go there, you can download the Candida cleaner report, which is essentially the protocol that I described and a lot more information. And so that is your instruction manual to do this safely. And make sure that you follow it, you know exactly the way it's written. If you want to have the best results, but yeah, the vitality capsules is one of the easiest things you can use to increase your bowel movements. And it's uh, and she you know, she's very careful about sourcing her ingredients.

And a lot of times she runs out of inventory because the ingredients didn't meet her quality standards. But but it's a blend of three herbal laxative, Senna cascarilla and Barbary route. And then it has several other herbs that are more like soothing or have other purposes. So it has like garlic, ginger, Cape aloe, and then there's like an extra strength formula that also has cayenne pepper. And so you know, you basically the way you do it is you take you know, one capsule the first day and you should take this with your biggest meal of the day, because that will lessen the possibility of cramping. And make sure you drink enough water with it. And then you see how many bowel movements you get the next day. And if you don't get three, then the next day you take two capsules.

And you keep adding one capsule a day until you can guarantee that you get three bowel movements. So some people get this really quickly at one or two capsules. I have some some bowels of iron. So like I had to take, I think 12 or 13 of the regular strength and then I switched to the extra strength and I could take six or seven of those and get that output so every one's going to be unique and don't be worried if you like have to take a lot of capsules. But there are other things you can do. Also, if you prefer like that the things you didn't mention Tom that can increase your bowel output would be drinking celery juice. Yeah, you probably need at least a pint you'd have to also you know titrate it to get the right output.

And then if you boil beets, it's right, right. Now, you could also use prunes, but I don't like I don't want to recommend that because they're very high in sugar. But, you know, like, if there's a child that might be doing this, that that might be an acceptable shortcut to get them because you know, they can't swallow pills, or they probably, you know, might resist enemas. But the fallback always is that you can always do an enema. And just one enema a day is sufficient to prevent the cleansing reaction. So if you like, let's say you want to get going and you don't want to wait to heal your body to naturally have three bowel movements, you can just do a daily enema. And then those days count toward the 14 days. And I when I say an enema, I don't mean like with fleet FOSS for soda or some other poison. I'm just talking about like one liter of distilled water.

Okay, and I don't know if there's anything else so we know where to get it. You can get it from Creekwood Naturals. That's one place. There's probably other places 100% Pure gum spirits. Got the bowel cleanser. We got the protocol, acute care skin or internal? I think that's it. Yeah, that's the comprehensive course on turpentine No viruses needed.

Right. Anything else? Final words?

Well, you know, I can't think of anything, but we can always put in a plug for our next COVID myths conference. All right, why don't you do the plug? Sure. So we have COVID myths, part two that we just launched. It'll be July 17, at 2pm to four, Eastern Time. And this time, we have some brand new material. We're going to talk about magnetism in the circulation and the magnetic arms with the experimental vaccine. We're going to talk about the nature and possible origins of the spike protein and covering some new research. And also a special follow up to our there is no virus series, which will be called virus mimickers, where the establishment once again openly admits the same conclusions that we've come to about those microscopic images of viruses. So please join us the website is COVID hyphen, 19 hyphen,

myths.com, where you can go to either Tom or my website and find a link to get tickets and register for this event.

Right. Okay, I think we got it.